



### Dear Westford Residents,

May 2011



**Jodi Ross**  
Town Manager  
978-692-5500

[jross@westfordma.gov](mailto:jross@westfordma.gov)  
[www.westfordma.gov/tm](http://www.westfordma.gov/tm)

Westford will be celebrating Memorial Day on Sunday, May 29th with a number of events throughout the morning and early afternoon. Info at: [www.westfordma.gov/veterans](http://www.westfordma.gov/veterans)

A Veteran's Book Corner has been launched at the Cameron Senior Center in Westford providing books of interest to veterans such as memoirs, biographies, and nonfiction books with military themes. Initiated by the Westford Women's Club with a vision to provide easy access of books in this genre to veterans of all ages, the initial collection of books housed in the second floor library at the Cameron is now open to the public. Info at: [www.westfordma.gov/veterans](http://www.westfordma.gov/veterans)

#### Employee Spotlight

Assistant Animal Control Officer Jaime Berry completed the Certification Course for Massachusetts Animal Control Officers.

Angela Gagne, Laura Mathis, Jeannette Wilkinson, Judith Ramirez and Joanne Sheehan for organizing the Royal Wedding Celebration at the Senior Center.

Pat Savage and parks staff for providing mulch, and all volunteers who met at the museum to spruce up the museum and cottage. It looks beautiful.

Watch Meetings Online



[www.westfordcat.org](http://www.westfordcat.org)

Visit  
[www.westfordma.gov](http://www.westfordma.gov)  
for current news and information.

Although we have seen little sunshine during the month of May, there have been many opportunities to come together and enjoy our special town. On May 4th, the Water Department held their Annual Open House, which was a huge success. The Council on Aging and town staff held a Gay Nineties Luncheon at the Cameron Senior Center, to honor all of our residents who have attained the age of 90 or beyond. Representative Arciero and many other town officials attended this celebration, culminating in the presentation of the Boston Post Cane to Mary Olive Jensen, our most senior resident in town. The Apple Blossom Parade and carnival were a great success – many thanks to the Kiwanis and all the many different groups participating for making these terrific family events. East Boston Camps held their annual family fun day this past Sunday, and the Board of Health sponsored a Health Fair at Abbot School. There will be a Memorial Day celebration held on Sunday, May 29th, on the town common, with details outlined in this newsletter. All of these activities help to bring us together and celebrate spring.

George Murray appeared before the Board of Selectmen on May 10th to present the history of the Permanent School Building Committee's 23 years of work. His presentation recapped numerous renovations and building of new schools during the many years of work by the committee, while outlining the significant funds that were saved our residents by staying within budget, and securing state funding assistance for these projects.. The board thanked the members of the committee for their years of exceptional service.

At the Board of Selectmen's meeting on May 24th, our "Spotlight on Westford" will feature Terry Stader, Westford's Veteran's Agent, who is working diligently on providing exceptional service to our town's veterans, and who is also coordinating our Memorial Day ceremony.

The Board of Selectmen, town department heads and I are coordinating a Strategic Planning Retreat to be held in June, which will include invitations to all boards and committees, and of course the public at large. The purpose of this meeting is to improve communication across town boards, staff, and residents, and to help identify town-wide policy needs, and assist with prioritization of town-wide issues. Please watch our website for more information about this up-coming event.

Please join me in welcoming our new town treasurer/collector Christine Collins, who begins her employment with the town next week. Christine comes to us from Groton, where she was treasurer/collector, and she possesses many years of municipal experience.

On April 30th, the Westford Historical Society organized a group of volunteers to beautify the museum and cottage. The Parks Department provided the requested bark mulch, and also assisted with a truck for hauling away lawn waste. The volunteers busily sanded, repaired and repainted the driveway sign, they cleaned out the back of the museum (a ferocious job, from what I hear!), they sanded and primed the flag pole and the cottage railing. They also assisted with weeding, cleaning and mulching the cottage gardens, and trimming all the hedges. Over 35 hours of work was accomplished – thank you so much to all who participated!

The town beaches will open June 18th. I hope to see you there!

Sincerely,



## HEALTH DEPARTMENT NEWS



Special thanks to all the vendors and residents who attended the "Let's Move Westford" Health Fair and Safety Day on 4-21. Approximately 250- 300 residents attended. It was a wonderful event and a perfect kickoff for this year long initiative to help fight obesity through increased exercise and better nutrition!

### EDUCATIONAL PROGRAM



Large, red, slowly spreading rash characteristic of Lyme Disease called erythema migrans (EM) rash



Deer ticks in the larval, nymphal, and adult stages (Not actual size)

### *Lyme and Tick- borne Disease Program*

Lyme is one of the fastest growing infectious diseases in the United States. CDC statistics shows that it is increasing at an alarming rate. Over the past five years, our area is one of the hardest hit in the country.

May is National Lyme Prevention and Awareness Month. The Health Department is co-sponsoring an evening with area specialists to help residents learn information on the disease, treatment protocols and current prevention efforts. Hear about the controversy regarding certain treatment options.

A panel discussion will follow the showing of the award winning film "UNDER OUR SKIN". Panelists will include:

- Representative Jim Arciero
- Dr Luz Ruiz- Board Certified Neurologist with specialty in Late Stage Neurological Lyme Disease
- Dr Sheila Statlender- (Clinical Psychologist)
- Donna Castle – Local MA Lyme Advocate- Co-Founder of Lymelite and Nashoba Valley Lyme Disease Task Force

Date: June 21  
Location: Stoney Brook Auditorium  
Time: 7p.m.-9 p.m.

Please call 978 692-5509 to register by June 16.

**Water Department News****Water Conservation**

Summer is almost upon us and with the great weather comes increased outdoor water usage. I'm sure many of you still remember last summer's hot and dry conditions and higher water bills. In fact, per capita water usage was up from 59 gallons per day in 2009 to 74 gallons per day in 2010. It's a good time to think about water conservation not only to protect our drinking water sources – the Beaver and Stony Brook aquifers, but to prevent water bill sticker shock. Proper lawn irrigation can significantly reduce the amount of water used. Below are some tips:

- Resist the urge to over water! Established lawns only need about 1 inch of water per week. Over watering can weaken the roots and promote weed growth. New lawns will need to be watered more frequently, which is why it is not ideal to start one in the middle of the summer.
- Water early in the morning to reduce evaporation. Watering at night will also achieve reduced evaporation, but may lead to fungal disease.
- Pavement doesn't need water! Make sure your sprinklers are adjusted to keep the spray on the grass.
- Plant drought-resistant grasses. It is a good idea to consult with a lawn care specialist to determine which type is best. There are several specialty brands available specifically for drought-resistance and low maintenance.
- Create landscapes with plants that are drought-resistant or require little water.
- Check your irrigation system for leaks. Even small leaks can result in significant water loss and higher bills.
- Use rain barrels to harvest free water for gardening. My 55 gallon barrel filled up in little over a day of moderate rain draining off a small roof!
- Visit the Water Department website [www.westfordma.gov/water](http://www.westfordma.gov/water) for helpful tips on water conservation and information on where to purchase rain barrels.

Westford maintains voluntary odd-even water restrictions from May 1 to October 31. With everyone's cooperation this will help maintain our water supply at a sufficient level, and prevent the need for implementation of more restrictive conservation measures. However, drought conditions or unacceptable water use levels may compel the Water Department to implement mandatory water restrictions.

**2011 Open House**

The Water Department held an open house at the 60 Forge Village Road treatment facility on May 4, and attendance was high despite the rainy weather. Several local experts were on hand providing informative and practical displays on water-related topics such as conservation, irrigation, organic lawn care, recycling, water testing, private wells, stormwater protection, backflow protection, local aquatic organisms, and health. Information on recent Water Department projects and the new Nutting Road perchlorate treatment plant were also displayed. Kimball Farms generously donated delicious refreshments for many happy people. A high point of the evening was announcement of the Grade 4 Water Department Poster Contest winners. The theme of the posters was water conservation and pollution prevention. The kids did a great job with the posters,

and we had a hard time deciding the winners – visit the Water Department website ([www.westfordma.gov/water](http://www.westfordma.gov/water)) to see the winning posters. All posters submitted to the contest were displayed during the event. Department staff answered questions and led tours of the Forge Village treatment facility. Many thanks to all who helped and generously donated their time for this event!



### **Guard Up Summer Camps Moves to Westford East Boston Camps**

Guard Up! Inc, a Burlington MA based company, has been awarded a 5 year contract by the Westford Conservation Commission to occupy and run their summer camps out of Westford's East Boston Camps starting this summer. Guard Up runs three versions of its two summer camps: Wizards & Warriors Camp and NERF Zombie Camp. The three versions are the Day Camp, based out of its facility in Burlington; the Quest Camp, an extended Day Camp for ages 10 and up based out of the new Westford East Boston Camps (EBC) location; and the Overnight Camp for ages 10 and up, which is also run out of the Westford EBC location.

"We are very excited about the move from Charlton (Massachusetts) to Westford," says Meghan Gardner, founder of Guard Up. "Personally speaking, I have been in love with EBC for about 10 years... since I first attended events at the camp when my children were young. The camp is breathtakingly beautiful. I feel honored that our camp was selected and I am thrilled with the opportunity for our company to play a role in preserving this treasured land and camp."

Since the East Boston Camps is often an area used by local residents, the Conservation Commission and Guard Up are working on plans to accommodate both the campers and residents in a manner that protects the interests of both. "In order to provide for the safety and security of participating children, the Guard Up program will have exclusive use of that portion of the property located around the main camp area known as the 'Boys Camp'," says Bill Turner, the Conservation/Resource Planner for the Westford Conservation Commission. "While residents will not be able to enter the camp area while it is in session, they will be able to continue to walk up the roadway to this area and then will be able to continue along a new bypass trail that will run out along the crest of the slope above Keyes Brook, eventually reconnecting to the main trail to the north of the camp by the basketball court. Signs showing the restricted area and location of the bypass trail will be posted at the EBC kiosk and online. Dog walkers must expect counters with campers (outside the restricted area) and we can't emphasize too strongly how important it is that to assure everyone's safety, dogs must be kept on a leash while on the property. This is imperative to guarantee that the dogs are under control, particularly during the summer season when there will be so many active children present. Anyone having questions can email me at [btuner@westfordma.gov](mailto:btuner@westfordma.gov) or call at 978-692-5524."

Visit [www.guardup.com](http://www.guardup.com) or call 781-270-4800 for more information about Guard Up camps and scholarships.





## **WESTFORD ACADEMY SERVICE TEAM COMPLETES ANNUAL PROJECT AT EAST BOSTON CAMPS**

With a theme of "Revamp the Camp", for the second year in a row the Westford Academy Service Team has dedicated its annual volunteer project to the continuing restoration and renovation of East Boston Camps. The goals of the Service Team are:

- To provide students the opportunity to make a significant contribution to their Community
- To encourage students to take on new and challenging leadership roles
- To provide an opportunity for students to work side-by-side with adults in the Community

With the guidance of faculty advisers Libby Porter and Cory Roman the 32 member strong team spent Saturday, May 14 on a variety of projects across the camp grounds. They spread new sand to replenish the Boys Beach area, and installed five new benches there. Five picnic tables were sanded and refinished and two new tables built. A fence was placed around the dumpster at the Kitchen and Dining Hall Building, and the fire pits at the Director's Cabin and the Day Camp Lodge were renovated. They were assisted by a number of adult volunteers, including Conservation Commission member and member of Friends of East Boston Camps Peter Mahler, Planning Board member Kate Hollister Libby Porter's husband Tom and Ken Kravitz (former Community Service Team advisor and founder of the club.). Jeff Mount, who is working on the camps getting them ready for Guard Up! Inc.'s camp program later this summer also helped out. Caretaker George Fletcher organized supplies and tools for the project and helped direct the team's efforts. Highway Superintendent Richard Barrett and the Highway Department helped out by arranging for delivery and moving of the sand for the beach project.

Participating students from the Westford Academy Service Team included: Chris Barrett, Matthew Benway, Vivian Cheng, Eric Colomb, Vivek Gaddam, Vivik Gaddam, Brendan Frankfort, Michael Gallucci, John Gallucci, Andrew Graham, Hannah Hackley, Lucas Hunker, Nikhil Kyathappala, Hayden Lee, Yvonne Lee, Patrick Long, Raunak Manesh, Eric Meredith, Amelia Mettler, Matt Miller, Lauren Miranda, Shannon Mulkern, Rachel Myers, Olivia Peterson, Jared Peterson, Courtney Poon, Rebecca Sennott, Cathryn Sennott, Hayley Veillette, Jessica Walsh, Liza Wright-Fairbanks, and Kevin Wong.



Volunteer efforts from many groups including Westford Academy, Nashoba Valley Technical High School and scout groups and Eagle Scout candidates and, of course the Friends of East Boston Camps have played a major role in the rehabilitation of the camps. Both in sparing the town the cost of needed work, and enhancing the ability of the property to be licensed to various groups and for different functions to generate income, they work toward the master plan goal for the camps of reducing the cost to the taxpayer of maintaining the facility. The Conservation Commission would like to express its deep gratitude for the efforts of all those who help restore and maintain this very important town asset.



## WESTFORD CREW

Westford competed in six events and two of our boats earned third place medals for their respective flight (aka heat - events with more than 6 boats are broken down in to smaller "flight heats" of no more than 7 boats per flight). Our BN8+ (Boys Novice 8+) boat and our B1V4+ (Boys First Varsity 4+) boats came in third in their respective flights and were awarded medals for their achievement. Although our GN8+ (Girls Novice 8+) came in 4th, it was a close race that came down to the wire with the third, fourth and fifth place boats all in a position to place and any one of them could have come out ahead of the others.

Westford is the newest crew in the MPSRA (Massachusetts Public School Rowing Association). When we take into consideration the fact that every crew we raced against in Lowell (public high school crews, school crews and club crews with teenage boats) is more established as a crew, has more mature, experienced crews, newer, better boats & equipment and more coaches on the water training their crews than Westford does AND evaluate the attached spreadsheet analysis - it is apparent that Westford is doing well, on track, and right where it belongs at this point in its development. Most of our boats did extremely well, raced well and made their presence known.

We don't have any seniors on our crew. We have a few juniors and most of the crew are sophomores and freshman. Our 'varsity' boats are being raced by young men and women who are a mix of our new novice rowers with less than 1 year of crew experience and, or experienced rowers with a maximum of just over 2 years of rowing experience. Most crew varsity boats are raced by seniors with 4 years of rowing experience which means 8 seasons on the water AND 3 or 4 winters of strength and conditioning. Seniors are also bigger and stronger than underclassmen. To provide perspective - our varsity experienced rowers would be on the JV, 2nd, or 3rd Varsity boats if they rowed for a more mature experienced, larger crew. When we look at the big picture and take this all into consideration it becomes apparent what an amazing accomplishment our crew has done to come so far so fast. Assistant Coach Kingsborough and I are proud that we have been given this opportunity to coach and work with this talented and hard-working group of student athletes. They are an amazing group of kids.

Ken Gifford  
Head Coach

Event	GLWTV4+	BN8+	GN8+	B1V8+	B1V4+	G1V4+
Distance	2 Km	1.5 Km	1.5 Km	2 Km	2 Km	2 Km
Quantity of Boats in this Event	16	32	41	16	21	23
Number of Flights in this Event	3	6	6	3	4	4
1 Fastest Time in Event	07:29.0	04:42.1	05:20.6	06:33.4	07:10.6	07:59.0
2 Fastest Time in Event	07:32.0	04:43.0	05:21.8	06:35.4	07:29.5	08:05.0
3 Fastest Time in Event	07:52.2	04:43.8	05:22.9	06:37.6	07:34.0	08:21.0
Westford's Time in Event	08:21.7	05:45.1	06:17.0	07:37.4	08:14.8	10:13.9
Westford's Overall Order of Finish in this Event	10 of 16	27 of 32	27 of 38*	14 of 16	13 of 21	19 of 23
1 Fastest Time in our Flight	07:29.0	05:42.2	05:36.0	07:05.2	07:41.0	08:35.1
2nd Fastest Time in our Flight	08:03.8	05:43.0	05:50.0	07:24.9	08:05.9	08:38.5
3 Fastest Time in our Flight	08:04.6	05:45.1	06:16.0	07:30.6	08:14.8	08:39.4
Westford's Order of Finish in our Flight	4 of 5	3 of 5	4 of 7	4 of 5	3 of 6	6 of 6
1 Fastest MPSRA Time	07:29.0	04:43.0	05:20.6	06:33.4	07:10.6	08:05.0
2 Fastest MPSRA Time	08:06.0	05:09.4	05:21.8	06:48.3	07:46.0	08:21.0
3 Fastest MPSRA Time	08:09.5	05:11.9	05:25.5	06:49.4	07:53.0	08:38.5
Westford's Order of Finish out of MPSRA Boats	4 of 6	10 of 12	10 of 16	8 of 9	5 of 8	11 of 13
			*1 DNF			
			*2 DQ			



The Council on Aging is pleased to report that the activity level at the Cameron Senior Center continues to surpass our expectations. Below is the raw data for the months of July – April based on individuals who used the swipe tag system upon entering Cameron. We are providing three years of data for the same ten months because of our temporary relocation during FY'10.

Category	FY'11		FY'10		FY'09	
	Duplicated	Unduplicated	Duplicated	Unduplicated	Duplicated	Unduplicated
Social Event	14,515	870	12,385	628	11,554	698
Social Services	978	392	360	290	996	295
Health Screenings	164	79	198	79	184	65
Recreation	602	206	441	151	687	210
Instruction	659	155	197	35	476	85
Fitness	5,936	361	965	87	762	134
Volunteer Hours	7,573		2,304		3,799	

May is Older Americans month and the Council on Aging celebrated with the Twenty-Second Annual Gay Nineties Gala on May 17th. Approximately 200 senior citizens were in attendance to honor our most seasoned residents, those born prior to 1922. The Boston Post Cane was presented to our eldest resident Mary Olive Jensen born on September 21, 1910 by Helena Crocker, Chairperson of the Council. Citations were presented to Mary from State Representative Jim Arciero and on behalf of State Senator Eileen Donoghue. Town Manager, Jodi Ross read a citation and presented our recipient with a Boston Post Cane Pin. Our eldest male resident Michael Harrington was in attendance along with thirty additional seniors all over the age of ninety. Entertainment was provided by “The Upbeats” who rehearse at the Cameron every Tuesday morning at 10:30 and always welcome new members. Gifts were presented to all in attendance and provided by local businesses and residents.

We would like to recognize Sonus Corporation and local organizations for providing a day of spring clean up and raking for the seniors. Three local Methodist Churches provided a day of service to local seniors who submitted project requests., which included installations of railings, home repairs, painting, etc. A great big “THANK YOU” to these churches and volunteers for reaching out to our seniors.

Council on Aging Celebrates Royal Wedding

On April 29th at 4:00AM the Cameron Senior Center was transformed into a royal setting to invite people to gather with friends and enjoy the wedding of Prince William and Kate Middleton. The multipurpose room and the welcome area were decorated in a wedding reception theme with lights, colored linens and British flags. Hats and gloves were the order of the day and everyone was treated to tea and crumpets, a festive atmosphere and live stream of the celebration on a large screen and other televisions in the building. Those in attendance embraced the spirit of the celebration with colorful, flowered hats and formal attire for the viewing party. We're hoping to have more events like this, such as a Super Bowl party and World Series celebrations. Thanks to Chris McClure and IT for their assistance with the live stream coverage – it was a lot of fun for all those who dared to come out in the wee hours of the morning.

